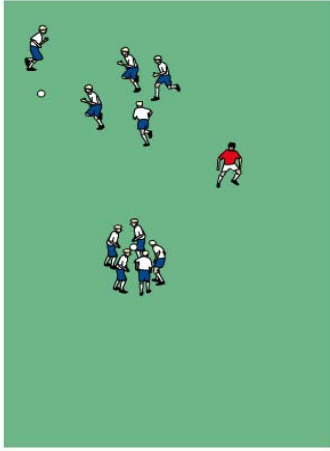
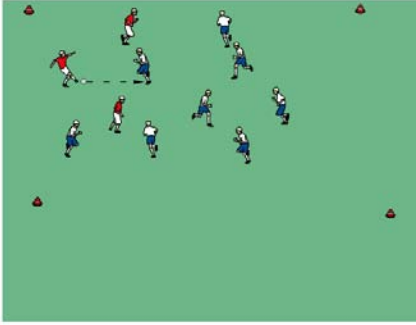



# Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U12

Topic: Teamwork-Shape

Activity Name	Description	Diagram	Purpose
<p>1</p> <p><b>Warm-Up</b></p> <p><b>Ballmaster</b></p>	<p>Every group of 5/6 players gives their ball to the coach and the coach tosses the ball out for each group to collect individually. Players bring the ball back by: 1) Picking up the ball and running it back to the coach w/their hands; 2) w/feet and using 7 passes to get the ball back to the “Ballmaster”; 3) w/feet and using 17 touches to get it back to the “Ballmaster”; 4) Hurricanes and Ladders</p>		<p>Warm-up Teamwork Passing Shape</p>
<p>2</p> <p><b>Match Related</b></p> <p><b>“Bulldog”</b></p>	<p>Put the entire group inside a playing area. Two players start off as the “bulldogs” and wear pennies/bibs. Have pennies/bibs and balls around the area. The “bulldogs” try and work together to “hit” a player below the knees. When a player gets hit, they join the “bulldogs”. Progress along for time or until a group remains.</p>		<p>Passing Receiving Shape Thinking ahead</p>
<p>3</p> <p><b>Match Related</b></p> <p><b>“Bags”</b></p>	<p>Even or odd numbered amount of players may be used. Players place two bags about 25-30 yards apart from each other. The object is to pass and hit the bag with the ball. Team can score at either of the two bags. When a bag is hit, restart the game by giving the ball to the other team.</p>		<p>Passing Receiving whole field Shape Thinking ahead</p>
<p>4</p>			

**Match Related**

**“Bank Game”**

Even or odd numbered amount of players may be used. Play is to endzones. In each endzone there are 4-6 balls. When one team successfully advances their ball to the other team’s endzone they get a ball from their endzone and play continues.



Passing  
Receiving  
Shape  
Thinking and  
Penetration

5

**Match Condition**

**8v8 Game (7 plus GK)**

